

# SENIOR SPARKS

## *Mansfield Senior Center Newsletter*

~ DECEMBER 2015 ~

~ *Happy Holidays* ~

WARMEST GREETINGS OF THE SEASON AND BEST WISHES FOR  
HAPPINESS IN THE NEW YEAR!

### WINTER LUNCHEON & HOLIDAY SHOW

**LUNCHEON AT 12:00PM**

POT ROAST, MASHED POTATOES, GRAVY, SUGAR SNAP PEAS AND APPLE PIE

**PROGRAM AT 12:45PM**

ENJOY THE WINTER HOLIDAY WITH TWO OF OUR VERY OWN TALENTED MANSFIELD  
SENIOR CENTER MUSIC GROUPS! COME AND CELEBRATE WITH US!

**FEATURING:**

THE MANSFIELD SENIOR CHORUS

&

THE FABULOUS TAP DANCING SPARKETTES



~WEDNESDAY, DECEMBER 16TH ~

**\$7.00 PER PERSON**

**PLEASE MAKE YOUR RESERVATION AT THE FRONT DESK BY DECEMBER 7TH  
THIS EVENT WILL FILL UP QUICKLY, SO PLEASE MAKE YOUR RESERVATION EARLY!**

SWIPE IN FOR YOUR CHANCE TO WIN 2 TICKETS  
TO A UCONN WOMEN'S BASKETBALL GAME!

UConn vs. Temple on January 16th  
6:00PM at Gampel Pavilion

All you have to do is scan in your MySeniorCenter member card whenever  
you come in to participate in an activity here at the center!

The more times you scan your card, the more you're entering the contest!

On **December 31st** we will draw 2 names, and each winner will receive 2 tickets.

Good luck & Go Huskies!



**Mansfield Senior & Wellness Center**  
**303 Maple Road, Mansfield, CT 06268 Tel: 860-487-9870 Fax: 860-429-3208**  
**Town Website: [www.mansfieldct.gov](http://www.mansfieldct.gov)**



## **MANSFIELD SENIOR & WELLNESS CENTER**

**MONDAY THROUGH FRIDAY  
8:30AM TO 4:30PM**

**TEL: 860-429-0262**

**FAX: 860-429-3208**

**WWW.MANSFIELDCT.GOV**

### **SENIOR CENTER SUPERVISOR:**

**SARAH TAYLOR**

**860-487-9874**

**taylor@s@mansfieldct.org**

### **INTERIM PROGRAM COORDINATOR:**

**CARA WEBB**

**860-487-9872**

**webbcj@s@mansfieldct.org**

### **VOLUNTEER TRANSPORTATION COORDINATOR:**

**GIANNA STEBBINS**

**860-487-9877**

**stebbinsg@s@mansfieldct.org**

### **RECEPTIONIST:**

**KATHY YAFFEE**

**860-487-9870**

**yaffeekg@s@mansfieldct.org**

### **SITE SERVER:**

**SHARON CARON**

**860-487-9876**

**carons@s@mansfieldct.org**

### **SOCIAL WORKER:**

**KATHY ANN EASLEY, LMSW**

**860-487-9873**

**easleyka@s@mansfieldct.org**

### **OUTREACH WORKER:**

**SARAH DUFRESNE**

**860-487-9875**

**dufresnes@s@mansfieldct.org**

## **Senior Center Update**

*From Sarah Taylor, Senior Center Supervisor*

*"Tis the season to be aware  
of the magic everywhere"*

It's so easy to get wrapped up in the hustle & bustle of the season; we rush around from store to store, planning and preparing. This month, we encourage you to take time for yourself and join us for one of our many health & wellness programs. Whether it's a yoga class, a visit with our Wellness Nurse or participating in one of the enlightening Monday seminars, you're sure to find something that will inspire you!

We hope that you'll celebrate the season with us as well! Join us December 9th for a classic holiday Sing-a-Long with Bruce John, and for our traditional holiday Luncheon with performances by the Chorus and the Sparkettes on December 16th!

From all of us in the Human Services Department, we wish you a very happy, healthy & magical holiday season!

## **CHECK US OUT ON FACEBOOK!**



We're thrilled to announce that we have officially launched the Mansfield Senior Center Facebook Page! Check out our page often for interesting stories, program & event information and an opportunity to connect with local resources & organizations for Seniors!



**THANK YOU THANK YOU THANK YOU**  
TO ALL OF OUR WONDERFUL VOLUNTEERS!  
WE COULDN'T DO WHAT WE DO WITHOUT YOU!

***Free Copies of SPARKS  
are always available at the  
Senior Center, the Library, the  
Community Center & the Town Hall.***

***Or, look us up online at:  
www.mansfieldct.gov and  
click on "Seniors"***

**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.  
EXECUTIVE BOARD MEMBERS  
1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT:	JEAN ANN KENNY
VICE PRESIDENT:	LINDA WOHLLEBE
IMMEDIATE PAST	
PRESIDENT:	RITA BRASWELL
SECRETARY:	BEVERLY GOTCH
FINANCE OFFICER:	JEAN ANN KENNY
TREASURER:	JEAN ANN KENNY
ASSNT. TREASURER:	VACANT
MEMBER-AT-LARGE:	CINDY SCHAFER

**COMMITTEE CHAIRS**

TRAVEL:	KAY WARREN
PROGRAM PLANNING:	JOAN DOIRON
WAYS & MEANS:	BETTY SAVAGE
MEMORIAL COMM.:	LINDA WOHLLEBE
COMPUTER COMM.:	ROTATING
SPARKS COMMITTEE:	RITA BRASWELL
SPARKS SUBSCRIPTION	
MANAGER:	KATHY RULE

**TO REACH THE ASSOCIATION,  
PLEASE CALL 860-429-0262, EXT. 5**



The Mansfield Senior Center Association, Inc. will now be requesting a donation of 25 cents for a six-ounce cup of coffee, tea, or hot chocolate. We appreciate your donations so that we may continue to offer you this wonderful service.

*Thank you!*

**MEALS ON WHEELS  
VOLUNTEERS NEEDED!**

Help deliver meals to homebound Seniors in the community. We are currently looking for Substitute Drivers for our Monday through Friday morning deliveries. If interested, please call Site Server Sharon Caron at 860-487-9876.

**MANSFIELD SENIOR CENTER ASSOCIATION, INC.**  
*Greetings from MSCA*

'Tis the season of joy and spiritual renewal! Please sign up for the Holiday Dinner and program by Wednesday, December 9th. It will be held on Wednesday, December 16th. The Chorus and Sparkettes will be performing.

I wish to thank all the volunteers who assisted in the Mini Bazaar: Betty Savage, Linda Wohllebe, Cindy Schaffer, Pat Stukel, Claudette May, Gail Dunnrowicz, Francine Hodovan, Silvana Brescia, Anna Cosenza and Lida Bilokur. Great volunteers! We also appreciated all of our customers. Thank you all!

Beth Ushers' presentation was very inspiring. She shared her good spirit and appreciation of all the persons involved in her care and motivation. She has kept a positive attitude through all of her trials and tribulations, and decided to make at least 10 people smile every day! Thank you Beth, for sharing your experience with us in such a positive way.

We will have another Mini Bazaar on Wednesday, December 16th for holiday gifts and jewelry. I look forward to seeing you there.

If anyone would like to be more involved in our activities, please let me know.

Happy Holidays!

Jean Ann Kenny  
(860) 429-1183

**HOLIDAY MINI BAZAAR**



We had so much fun with our Mini Bazaar in November that we decided to do it again! Come do a little holiday shopping with us!

**~ DECEMBER 16TH ~  
FROM 11AM-3PM**

## *New in December*

### **HOLIDAY SING-A-LONG**

**WITH BRUCE JOHN**

**~ Wednesday, December 9th ~  
from 12:00-2:00 pm**

Join us for a delicious meal at noon followed by a joyful performance of holiday classics with Bruce John. We encourage you to come and sing along!

*Roasted Round Beef, Baked Potato, Bean Medley & Carrot Cake*

**\$7.00 per person**

**Please call 860-487-9870 to register by  
Friday, December 4th**

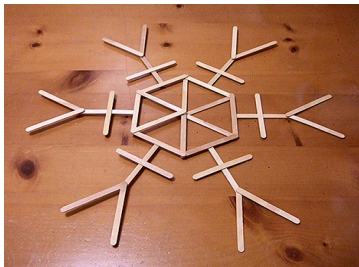
### **CRAFTY CREATIONS**

**“WOODEN SNOWFLAKES”**

**~ Tuesday, December 15th ~  
from 1:00-2:00 pm**

Join together in the Craft Room for a chance to make beautiful geometric snowflakes out of craft sticks. These make fantastic winter decorations for your home and are a lot of fun to create.

**Please call  
860-487-9870 to  
register by Friday,  
December 11th**



**A GOLDEN OPPORTUNITY:  
SPIRITUALITY  
FOR THE SECOND HALF OF LIFE  
~ Monday, December 14th ~  
at 1:00 pm**

Join a conversation that will help you reflect on how your spiritual journey has unfolded and continues to intrigue you in the second half of life.

Lois Happe, spiritual director and retired pastor, will lead this exploration of meaning and mystery.

Light refreshments will be provided.

**Please call 860-487-9870 to register by  
Wednesday, December 9th**

### **“BEAT THE WINTER BLUES”**

**LIFT YOUR MOOD AND LIGHTEN UP YOUR  
LIFE—EVEN ON THE GRAYEST OF DAYS**

**~ Monday, December 7th ~  
from 1:00-2:00 pm**

Winter means shorter days and longer nights, along with cold and snowy weather. A recent survey has said that 90 percent of the people report changes in their energy level, mood, appetite and sleep patterns during the winter months.

Fortunately, there's a lot we can do to stay creative, bright, active and cheerful.

Come to this workshop and learn from

**Jo Anne Harrison-Becker, MS**

some of the best tips and strategies to beat those winter blues!

**Please call 860-487-9870 to register.**

### **LET YOUR YOGA DANCE!**

**~ Friday, December 18th at 10:45 am ~**



Give yourself the gift of attending a workshop combining slow flowing yoga postures with joyful natural movement accessible to everyone!

Mindful breathing and soothing yoga postures will reduce stress and increase body awareness, flexibility and balance.

Facilitated by Peggy Dillon, Certified Yoga Dance Teacher, licensed clinical social worker and proud member of both the Mansfield Senior Center Chorus and the Sparkettes.

*PLEASE WEAR LOOSE, COMFORTABLE CLOTHING AND  
BRING A YOGA MAT IF YOU HAVE ONE.*

*THERE IS NO FEE FOR THIS CLASS, BUT, DUE TO SPACE  
LIMITATIONS WE WILL NEED TO LIMIT IT TO  
10 PARTICIPANTS.*

**Please call 860-487-9870 to register.**



# Focus on Fitness

**FIT IS NOT A DESTINATION,  
IT IS A WAY OF LIFE**

## Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

**Mondays 9:00-9:40am**  
**Wednesdays 9:00-9:40am**  
**Fridays 9:00-9:40am**  
**\*NO CLASS 12/25\***

**There is no need to pre-register and no fee for this class.**

## Strength & Stability \*New Time\*



This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

**Pre-registration is required.**

**Tuesdays 9:00-10:00 am**  
**5 Classes—\$20 R / \$24 NR**

**Thursdays 9:00-10:00 am**  
**3 Classes—\$15 R / \$18 NR**  
**\*NO CLASS 12/24 & 12/31 \***

## OPEN EXERCISE ROOM AVAILABILITY

Do you have an exercise DVD you want to do with friends and no place to watch it together? Do you like to do stretching and need room to spread out? Did you just learn a new dance and need a space to practice?

Times have been set aside for an open exercise room. It will be on the first-come, first-serve basis.

**Mondays 1:00pm-4:00pm**  
**Fridays 1:00pm-4:00pm**

## Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.

**Pre-registration is required.**

**Mondays 9:00-10:00am**  
**5 Classes—\$25 R / \$30 NR**

**Thursdays 3:15-4:15pm**  
**2 Classes—\$10 R / \$12 NR**  
**\*NO CLASS 12/24 or 12/31\***

## Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Classes begin with a warm-up and continue with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Pre-registration is required.**

**Tuesdays 11:00am-12:00pm**  
**3 Classes—\$15 R / \$18 NR**

**Thursdays 12:00-1:00pm**  
**2 Classes—\$10 R / \$12 NR**  
**\*ONLY ON 12/1, 3, 8, 10 & 15\***



## Tai Chi Cooperative Group

**\*New Time Added\***

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**Wednesdays 10:00-11:00am**  
**Fridays 10:00-11:00am**  
**\* NO CLASS 12/25\***

**There is no need to pre-register and no fee for this class.**

## Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class.

**Pre-registration is required.**

**This class is limited to 12 students.**

**Wednesdays 11:00am-12:00pm**  
**4 Classes—\$20 R/\$24 NR**

## Tap Dancing for Seniors



### Sparkettes Performing Group Class

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

**Pre-registration is required.**

**Mondays 10:15-11:45am**  
**5 Classes—\$22.50 R / \$27 NR**

## Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork.

**Pre-registration is required.**

**Wednesdays 1:00-2:00pm**  
**1 Class—\$5 R / \$6 NR**

**\*\* Resident and Non-resident Prices listed are for the month of December\*\***

**For more information on class registration,  
please call Senior Center Receptionist Kathy Yaffee at 860-487-9870**

## ***CREATIVE ARTS***

### **Quilting**

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order from a local takeout restaurant.

**Monday, December 7th 10:00am-4:00pm**

**Monday, December 21st 10:00am-4:00pm**

**\$30.00 R / \$35.00 NR per day**

### **Wood Carving**

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies-come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

**Wednesdays at 9:30am**

### **Jewelry**

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays at 1:00pm**

### **Knitting & Crocheting**

Come enjoy knitting or crocheting with friends!

**Fridays at 10:00am**

### **Art Studio**

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

**Fridays at 1:00pm**



## ***WELLNESS PROGRAMS***

### **Podiatrist**

Complete foot care & podiatric evaluations.  
Medicare will be billed if eligible.

**December 1st from 9:00-12:00pm**

### **Herrmman Blood Pressure Clinic**

Blood Pressure Screenings for those 55 and above.  
There is no cost and no pre-registration required.

**December 2nd from 11:30am-12:00pm**

### **Reiki**

Reduce stress, stimulate your immune system and manage pain & symptoms with this gentle hands-on ancient therapy. Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.

**December 3rd from 9:00-11:00am**

### **Hearing Clinics**

Individual appointments are available for hearing tests, hearing aid checks & wax inspection with Audiologist Nancy Jablonski.

**December 10th from 11:00-4:00pm**

### **Massage Therapy & Reflexology**

Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25-minute table massages for all over relaxation, or reflexology sessions to treat tired and sore feet. Both are a great way to increase flexibility, blood flow, relieve muscle tension and manage pain. The \$15.00 fee is payable directly to Deb at the time of the appointment.

**December 16th from 9:00am-12:00pm**

### **VNA East Adult Health Screenings**

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

**December 9th from 1:00-3:00pm**

### **Mini Spa**

Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The price for nail clipping is \$15, payable directly to Hope at the time of the appointment.

**January 11th from 9:00am-12:00pm**

**Please call Senior Center Receptionist**

**Kathy Yaffee at 860-487-9870 for more information or to make your appointment.**

## GROUPS & CLUBS

### Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new websites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started! This group meets on the **2nd Tuesday of each month at 10:00am.**

### Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am.** Please call Dan Gebben at (860) 576-1122 for more information.

### Senior Center Chorus

Looking for an opportunity to harmonically sing and perform soprano/alto/tenor/bass music? It's not too late to join the Mansfield Senior Center Chorus which started rehearsing September 14th to start preparing for our December concerts at local nursing homes, rehab facilities and Senior Centers. All practices and performances occur during daytime hours. Enjoy singing choral music whether you're a novice or accomplished singer! For more information on joining the Chorus please contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

**Mondays 1:30 - 3:00pm**

### Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group. We hope to see you there!

**Wednesdays at 10:00am**

### Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

**Wednesdays at 12:00pm**

## MOVIE DISCUSSION GROUP

THIS HOLIDAY, DISCOVER YOUR INNER ELF.



**Come celebrate the holidays with this Will Ferrell comedy about an adult elf in search of his birth father. This film touches on family dynamics, holiday spirit and finding one's identity. It is worth the laugh!**

**~ December 14th, 1:00pm ~  
Refreshments Provided!**



## ~ CARDS & GAMES ~

### WII BOWLING

**Mondays at 10:00am  
Tuesdays at 10:00am  
Wednesdays at 1:00pm  
Thursdays at 10:00am  
Fridays at 10:00am**

### BRIDGE

**Thursdays at 1:00pm**

### DUPLICATE BRIDGE

**3rd Friday at 12:45pm**

### SCRABBLE

**Tuesdays at 10:00am  
Fridays at 10:00am**

### MAHJONGG

**Mondays at 1:00pm**

### BINGO

**Tuesdays at 1:00 pm**

## DUPLICATE BRIDGE SCORES

### OCTOBER 16, 2015

#### NORTH/SOUTH

1. 73.00 ANDREA MARSHAL - NOREEN STEELE
2. 67.41 JANE STEPHENS - PAULA TATE
3. 67.25 JERRY SHAFFER - SAM WHEELER

#### EAST/WEST

1. 81.98 JOE FODOR - MARYANN FODOR
2. 77.26 NANCY MCDOWELL - ELLI SHARPE
3. 75.09 BILL HOSS - NOLA HOSS

### OCTOBER 30, 2015

#### NORTH/SOUTH

1. 73.0 ALINE BOOTH - JEANNE HAAS
2. 72.0 CHRIS TOLSDORF - KATHY TOLSDORF
3. 71.0 ATHENE VON HIRSCHBERG - GEORGE WALLER

#### EAST/WEST

1. 81.5 MARYANN FODOR - JOE FODOR
2. 80.0 SHIRLEY OGOZALEK - JUDY SENKBEIL
3. 78.0 BILL HOSS - NOLA HOSS





## ***DECEMBER DAY TRIPS***



### **GOVERNOR'S MANSION HOLIDAY TOUR ~ HARTFORD, CT**

**DECEMBER 4TH FROM 10:30AM-3:00PM**

Come see the beautiful holiday decorations!! Admission is free with an unwrapped toy for the "toys for tots" program. We will make a lunch stop at Vernon Diner on our way home.

### **OLD STURBRIDGE VILLAGE SHOW & LUNCH ~ OLD STURBRIDGE VILLAGE, MA**

**DECEMBER 9TH FROM 10:30AM-3:30PM**

A wonderful holiday program about niceness, family values, and a happy day feeling! Your lunch entrée choice of: New England pot roast or grilled salmon. \$47.50/person. **Reservations must be prepaid no later than Monday, December 7th.**

### **GINGERBREAD HOUSE FESTIVAL ~ SOUTH WINDSOR, CT**

**DECEMBER 10TH FROM 10:30AM-3:30PM**

The Wood Library will once again deck its halls and throw open its doors for one of the largest Gingerbread House Festivals in all of New England. Local artisans and bakers, experts and beginners alike show off their creative talents in a vast array of candy covered houses, trains and in some cases entire villages. We will stop for lunch at the Olive Garden on our way to the festival. Admission is free!

### **WADSWORTH ATHENEUM FESTIVAL OF TREES AND TRADITIONS ~ HARTFORD, CT**

**DECEMBER 11TH FROM 10:30AM-4:00PM**

Festival of trees and traditions has become an annual holiday custom for visitors throughout the state and beyond! Every year community members, artists and organizations decorate holiday trees & wreaths. Lunch is available at the museum café. Admission \$11/person.

### **MAGIC FLUTE ~ METROPOLITAN OPERA ~ MANCHESTER, CT**

**DECEMBER 12TH FROM 10:30AM-4:00PM**

Did you know that the metropolitan opera has showings at the Rave Cinemas in Manchester?! Join in for a relaxing afternoon at the opera without having to travel to NYC!!! We will make a lunch stop on our way to the show! Admission \$21.

### **SHOP 'TIL YOU DROP! ~ WEST FARMS MALL, FARMINGTON, CT**

**DECEMBER 15TH FROM 9:30AM-3:30PM**

Perfect opportunity to get any last minute items for the holidays!!

### **LUNCH BUNCH ~ STEAMING TENDER ~ PALMER, MA**

**DECEMBER 17TH FROM 10:30AM-3:30PM**

This 19th-century Romanesque style train station will be beautifully decorated for the holidays! A gem of a spot not to be missed - in addition to the ambiance, the food is superb! *Menu available at receptionist desk.*

### **THE BREAKERS HOLIDAY EXTRAVAGANZA! ~ NEWPORT, RI**

**DECEMBER 18TH FROM 9:00AM-4:30PM**

This gorgeous mansion will be unbelievably decorated with thousands of poinsettias, fresh flowers, evergreens and wreaths - a decorated Christmas tree for each room!! This is a holiday trip not to be missed!! Admission \$15/person. Lunch stop at Brick Alley Pub on our way home. *Menu available at receptionist desk.* **Reservations must be prepaid no later than Monday, December 14th.**

### **BRIGHT NIGHTS AT FOREST PARK ~ SPRINGFIELD, MA**

**DECEMBER 22ND FROM 4:00PM-9:00PM**

See these incredible light displays in the comfort of our nice warm van!! We will be stopping at Figaro's for dinner on our way to the light display. Admission \$5/person. **Reservations must be prepaid no later than Monday, December 21st.**



## ***MSCA TRAVEL with KAY***

### **Resorts Hotel Casino, Atlantic City, NJ February 24th-26th, 2016**

Package includes roundtrip Motor Coach, 2 nights accommodations, \$60.00 in Slot Bonus, \$60.00 in meal vouchers (one breakfast & two dinners), 2 shows in the Resorts Theater including a Patsy Cline and Roy Orbison Tribute Show, occupancy taxes, hotel baggage handling and driver gratuity. This trips sells out, so please deposit early! Total trip cost: **\$194.00 per person.**

**Please deposit early as this is a sell out trip. Deposit is \$50.00, plus \$25.00 for insurance if you wish to take it. Flyers are available at the Senior Center.**

#### **Note from Kay:**

Thank you to those that came to my travel fair on November 19th. All trip flyers are available on the wall in the reception area at the Senior Center.

***For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.***

***Kay is available at the Senior Center on Mondays, Wednesdays & Fridays from 8:30am-2:00pm***



#### **SPECIAL HOLIDAYS**

We're thinking of you this time of year,  
Wishing you happiness, joy, and cheer.  
May all your days be warm and bright,  
And your nights enhanced by holiday light.

Enjoy your delectable holiday foods,  
As parties and gifts create holiday moods.  
Favorite people play a meaningful part,  
While treasured rituals warm your heart.

You are special to us in many ways,  
So we wish you Happy Holidays!

*By JOANNA FUCHS*

## ***COMPUTER CLASSES***

### **ME AND MY IPAD**

- Installing games & programs
- WiFi connection
- Touch screen navigation
- Photography, etc.

**JANUARY 12TH FROM 10AM-12PM**

### **EMAIL CLASS**

This 2-hour seminar will teach you the ins and outs of how to set up email accounts, reading, replying, forwarding, how to attach files and images, delete junk mail, utilize privacy settings and much more!

**JANUARY 14TH FROM 10AM-12PM**

### **INTRO TO FACEBOOK**

If you're new to Facebook, don't fear: it's easy to set up & maintain your own page! With this class you will learn the basics such as layout, posting message and uploading photos among many other topics.

**JANUARY 19TH FROM 10AM-12PM**

### **INTERNET & SKYPE**

Learn about different browsers, tab browsing and secrets for safe internet exploration. No need to bring a computer for this session, just a paper & pen.

**JANUARY 21ST FROM 10AM-12PM**

### **TRAVEL PLANNING ONLINE**

Designed to explore multiple resources for planning your next vacation adventure! Whether you're traveling by car, plane, boat, train or bus—you can plan it all online! No computer needed, just pen & paper.

**JANUARY 26TH FROM 10AM-12PM**

### **INTERNET SECURITY & SAFETY**

Have you ever wondered how to protect yourself on the internet or have all those passwords gotten out of hand? These questions and more will be answered!

**JANUARY 28TH FROM 10AM-12PM**

**THERE IS NO CHARGE FOR THESE CLASSES & NO NEED TO REGISTER! ME & MY IPAD AND INTERNET SECURITY & SAFETY WILL BE REPEATED IN FEBRUARY.**

# ~ TVCCA SENIOR CAFE DECEMBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b>	<b>1</b> WESTERN OMELET ROASTED POTATOES STEWED TOMATOES CRANBERRY JUICE OATMEAL COOKIE	<b>2</b> MEATBALL GRINDER WITH SUB ROLL MOZZARELLA CHEESE ITALIAN VEGGIES FRESH ORANGE	<b>3</b> CHICKEN CACCIATORE PARSLEY POTATOES CAPRI VEGGIES FRUIT COCKTAIL	<b>4</b> MEXICAN BAKED COD WITH CORN SALSA SEASONED RICE BROCCOLI PEACH CUP
<b>7</b> CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS CHUCK WAGON MEDLEY FRESH FRUIT	<b>8</b> CHEESEBURGER NOODLE CASSEROLE BROCCOLI CARROTS FRUIT COCKTAIL	<b>9</b> HOLIDAY SING-A-LONG ROASTED ROUND BEEF BAKED POTATO BEAN MEDLEY CARROT CAKE  \$7.00 PER PERSON REGISTER BY 12/4	<b>10</b> BBQ PULLED PORK WITH ROLL BAKED BEANS SNAP PEAS PINEAPPLE CUP	<b>11</b> STUFFED PEPPER CASSEROLE CUMIN & GARLIC RUBBED POTATOES LONG BEANS CUPCAKE GRAPE JUICE
<b>14</b> BEEF STROGANOFF MASHED POTATOES MIXED VEGGIES APPLESAUCE CUP	<b>15</b> CHICKEN PARMESAN PENNE PASTA WITH MARINARA ZUCCHINI PEARS WITH MANDARIN ORANGES	<b>16</b> MSCA 3RD WEDNESDAY HOLIDAY LUNCHEON  POT ROAST MASHED POTATOES WITH GRAVY SUGAR SNAP PEAS APPLE PIE  \$7.00 PER PERSON REGISTER BY 12/7	<b>17</b> SWEDISH MEATBALLS BUTTERED NOODLES CHUCK WAGON MEDLEY PINEAPPLE CUP	<b>18</b> TUSCAN BAKED CHICKEN SEASONED RICE BROCCOLI FRESH ORANGE
<b>21</b> CHICKEN CORDON BLUE RICE PILAF STEWED TOMATOES ORANGE JUICE DANISH	<b>22</b> PUB BURGER WITH BUN MASHED POTATOES PEAS & CARROTS APPLESAUCE CUP	<b>23</b> CHEESE MANICOTTI WITH MARINARA WAX & GREEN BEANS PEARS WITH MANDARIN ORANGES	<b>24</b> CRISPY COD PATTY RICE PILAF BROCCOLI FRESH FRUIT	<b>25</b> <div style="text-align: center;">             SENIOR CENTER IS CLOSED         </div>
<b>28</b> PINEAPPLE GLAZED HAM MASHED SWEET POTATOES ZUCCHINI & DICED TOMATOES FRUIT COCKTAIL	<b>29</b> BEEF & BEAN CHILI STEAMED RICE CORN & LIMA BEANS FRESH ORANGE	<b>30</b> CHICKEN STEW GARLIC ROASTED POTATOES BABY CARROTS PINEAPPLE CUP	<b>31</b> HOT DOG WITH ROLL BAKED BEANS YELLOW SQUASH ORANGE JUICE CHOCOLATE CHIP COOKIE	<div style="text-align: center;">  </div>

*Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses.  
 Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$12.10.  
 Please remember to make your reservation by 10am the day before you plan to come for lunch!*

**NAME** \_\_\_\_\_

## ***ADULT & SENIOR SERVICES***

Kathy Ann Easley  
Adult Services/ Social Worker  
860-487-9873

Sarah Dufresne  
Outreach Social Worker  
860-487-9875

**HUMANSERV@MANSFIELDCT.ORG**

The Social Workers are available to assist Mansfield residents connect with services and programs that are available within the community.

This free service promotes independence and self-sufficiency by providing needs assessment, follow up services, advocacy, benefits counseling, as well as information and referrals.

### **FRIENDLY REMINDERS**

**Mobile Food Share** will be at  
Wright's Village on  
**December 10th & 24th**  
**from 11:30am-12:15pm**

The **ACCESS Community Action Agency** is now making appointments for **Energy Assistance**.  
Contact ACCESS at 860-450-7400  
1315 Main Street, Suite 2,  
Willimantic, CT 06226

There's still time to review your Medicare Part D prescription drug plan or Part C Advantage Plan. We can help you navigate through your options.  
Make an appointment today!  
**Open Enrollment ends December 7<sup>th</sup>**

Dealing with Low Vision?  
Join our Low Vision Group  
for support, friendship and helpful tips.  
**December 9th from 11:00am-12:00pm**

Caring for a parent, spouse or disabled adult child?  
Join our Caregiver's Group for support and confidential conversation with peer caregivers.  
**December 16th from 3:00-4:00pm**

## ***LOCAL RESOURCES***

The Commission on Aging studies the conditions and needs of elderly persons in the town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters. Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

***The Commission on Aging meets at the Senior Center on the second Monday of each month at 9:30 am and the public is encouraged to attend. For more information, please contact Commission Chair Will Bigl at 860-429-0180.***

**Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.**

### **AARP CONNECTICUT**

The latest news, information and events for Connecticut Residents 50+  
For more information, visit  
**[www.aarp.org/region/Connecticut](http://www.aarp.org/region/Connecticut)** or  
**[www.facebook.com/aarpct](https://www.facebook.com/aarpct)**

### **SENIOR RESOURCES**

***AREA AGENCY ON AGING***  
19 OHIO AVENUE, NORWICH CT

Senior Resources' mission is to provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.

**FOR MORE INFORMATION, VISIT  
[WWW.SENIORRESOURCES.ORG](http://WWW.SENIORRESOURCES.ORG)**

**DIAL-A-RIDE TRANSPORTATION** is available for Mansfield residents. Please call 860-456-1462 at least **48 hours** in advance. This service is provided by the Windham Regional Transportation District.



# ~ DECEMBER ~





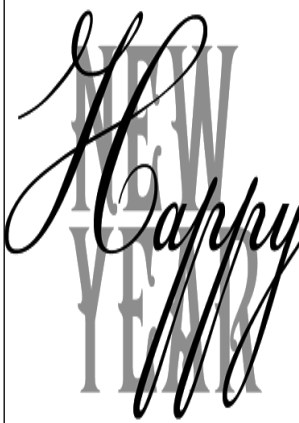
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1.</b> 9:00 STRENGTH & STABILITY <b>9:00 PODIATRIST</b> 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO <b>2:30 COMPUTER COUNCIL MTG</b>	<b>2.</b> 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA <b>11:30 HERRMAN BP</b> <b>12:00 BIRTHDAY LUNCH</b> 12:00 CAUSERIES 1:00 WII BOWLING	<b>3.</b> 9:00 STRENGTH & STABILITY <b>9:00 REIKI</b> 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 12:30 PWR. OF AGING 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	<b>4.</b> 9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING 10:00 PHOTO CLUB 10:00 WII BOWLING 10:00 TAI CHI DVD <b>10:30 GOVERNOR'S MANSION TRIP</b> 11:15 BRAIN AEROBICS 12:00 LUNCH 1:00 ART STUDIO
<b>7.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 QUILTING 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG <b>1:00 "BEATING THE WINTER BLUES"</b>	<b>8.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 10:00 GENEALOGY 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO <b>1:30 MSCA EXEC. BD MTG</b>	<b>9.</b> 9:00 WALKINGDVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 10:00 WII BOWLING <b>10:30 STURBRIDGE CABARET TRIP</b> <b>11:00 LOW VISION</b> 11:00 YOGA 12:00 CAUSERIES <b>12:00 HOLIDAY SING-A-LONG</b> 1:00 FUND. OF TAP <b>1:00 VNAEAST</b>	<b>10.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES <b>10:30 GINGERBREAD FESTIVAL TRIP</b> <b>11:00 AUDIOLOGY APPOINTMENTS</b> <b>11:30 FOODSHARE</b> 12:00 LUNCH 12:00 PWR. OF AGING 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	<b>11.</b> 9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 10:00 TAI CHI DVD <b>10:30 FESTIVAL OF TREES TRIP</b> 11:15 BRAIN AEROBICS 12:00 LUNCH 1:00 ART STUDIO
<b>14.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD <b>9:30 COMMISSION ON AGING MTG</b> 10:00 PC HELP 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG <b>1:00 MOVIE: ELF</b> <b>1:00 SPIRITUALITY WORKSHOP</b>	<b>15.</b> 9:00 STRENGTH & STABILITY <b>9:30 WEST FARMS TRIP</b> 10:00 SCRABBLE 10:00 WII BOWLING 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO <b>1:00 CRAFTY CREATIONS</b> <b>6:30 MS SUPPORT</b>	<b>16.</b> 9:00 WALKING DVD <b>9:00 MASSAGE &amp; REFLEXOLOGY</b> 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA <b>11:00 MINI-BAZAAR</b> <b>12:00 HOLIDAY CELEBRATION</b> 12:00 CAUSERIES 1:00 FUND. OF TAP 1:00 WII BOWLING <b>3:00 CAREGIVER'S SUPPORT GRP</b>	<b>17.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES <b>10:30 LUNCH BUNCH TRIP</b> 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	<b>18.</b> 9:00 WALKING DVD <b>9:00 NEWPORT TRIP</b> 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 PHOTO CLUB 10:00 WII BOWLING 10:00 TAI CHI DVD <b>10:45 YOGA DANCE</b> 11:15 BRAIN AEROBICS 12:00 LUNCH 12:45 DUP. BRIDGE 1:00 ART STUDIO





# ~ DECEMBER ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:00 QUILTING 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG	<b>22.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:00 BRIDGE <b>4:00 BRIGHT NIGHTS TRIP</b>	<b>23.</b> 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP 11:00 YOGA 12:00 LUNCH 12:00 CAUSERIES 1:00 WII BOWLING	<b>24.</b> 10:00 WII BOWLING 10:15 SPARKETTES <b>11:30 FOODSHARE</b> 12:00 LUNCH 1:00 JEWELRY	<b>25.</b>  <i>Happy Holidays</i>  <b>SENIOR CENTER IS CLOSED</b>
<b>28.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG	<b>29.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:00 BRIDGE	<b>30.</b> 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP 11:00 YOGA 12:00 LUNCH 12:00 CAUSERIES 1:00 WII BOWLING	<b>31.</b> 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 JEWELRY	



## ~ IN MEMORIAM ~

*"Our hearts are filled with memories  
Which we gather through the years  
All the happy times we shared,  
Are treasured souvenirs."*

This year we would like to remember our friends that have passed by honoring them with their name on a beautiful tag that can be placed on a tree we will have standing in the dining room. Donations of mittens or scarves can be made in their honor and will be given to those in need.

**Thank you for taking the time to recognize the place  
our loved ones will always have in our hearts by filling  
a need for others this holiday season.**

**THE CENTER FOR LEARNING IN RETIREMENT  
CLASSES IN VERNON COTTAGE  
AT UCONN'S DEPOT CAMPUS:**

**December 3rd at 1:15pm:**  
Trekking in the Tetons:  
a photo tour w/a geological introduction

**December 8th at 1:15pm:**  
Lyme and Other Tick-Borne Diseases

**December 9th at 10:15am:**  
The Hitler Project, presented by Emeritus State  
Archeologist Nick Bellantoni

**December 9th at 1:15pm:**  
Faces of Fascism in the United States

**WOMEN'S CLUB OF STORRS**

They will be holding a meeting in the  
Buchanan Center at the Mansfield Library.  
There will be a pot-luck lunch at noon  
and after lunch will be entertainment  
with spirited songs by a group from the  
Renaissance Revival Madrigal singers  
dressed in Elizabethan costumes.

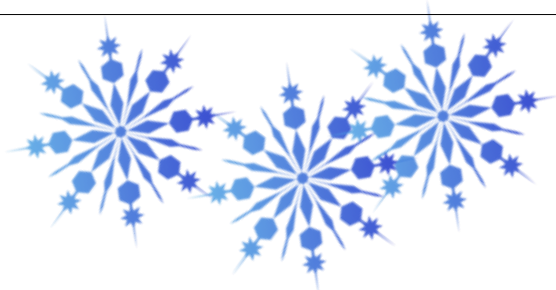
**~ MONDAY, DECEMBER 7TH ~  
AT 11:30AM**

NON-CLUB MEMBERS WISHING MORE  
INFORMATION MAY CALL:  
**860-423-3163**

**THE NEW 2-1-1  
CONNECTICUT WEBSITE IS HERE!**

This informative website includes several new  
features, such as location-aware search, full text  
translation into 30 languages, and user-friendly  
search results that make it easy to quickly connect  
to services and programs in the 2-1-1 database.

For more information visit  
**[www.211ct.org](http://www.211ct.org)**



**BIRTHDAY LUNCH FOR BOTH  
NOVEMBER AND DECEMBER!**

Toot the horn! Bang the drum!  
It's a party! Can you come?



**~ DECEMBER 2ND AT NOON ~  
REGISTER BY FRIDAY, NOVEMBER 30TH**

***Happy Birthday!***

- 1 Barbara Gamache, Furong Jia
- 2 Helen Sadow, Harry Darrow, Walter Villa, Wilfred Bigl
- 3 Susan Dinsmore, Elmer Taylor, James Dunnack
- 4 Natalie Hills, Natalie Jurkovics, Donald Beland, Douglas Andrew
- 5 Mary K. Cartier, Antonia Moran, Beatrice Langille
- 6 Chandra Venkatakrishner, Lena Forand, Elizabeth Geissler
- 7 Francis Dorso, Balaji Mundkur, Helen Perkins, Vera Christensen, Elaine Tebbel, Donald Roberts
- 8 Judy Bigl, Irene Petix, Adelaide Corcoran
- 9 Sarah Hirakis, Norma Ogren, Yvonne Bessette
- 10 Francis Jacobsen, Rebecca Lehmann, Susan Zito, Mohini Mundkur
- 12 Eileen Stock, Imanuel Wexler, Carol Villa
- 14 Sherwin Fu, Oscar Guilbault, Robert Collins, Janet Baker, Robin Weiner
- 15 Susan Kwastel, Bernice Smith, Dick Bluto
- 16 Barbara Riley, Jean Manter
- 17 Dorothy Eaton, Marilyn Nurme, Hazel Gustafson
- 18 Janet Generous, Gloria Jackson, Sandy Gallo, May Trickett
- 19 Michael Palmer, Ruth Hareld
- 20 Jack Ennis, Allan Attwater, Barbara Kolb, Bertha Lanagan, Emile Poirier
- 21 Zoe Leibowitz, Raymond Campbell, Mona Thibodeau, Rosemary Lyon, Kathleen DeJoseph, Kathleen Lucia, Robert Bee
- 22 Susan Audette
- 23 Judy Sutherland, Shirley Barrett, John Cagianello
- 24 Elizabeth Hanks
- 25 Edward Jonaitis, Gloria Sawyer
- 27 Adele Welles, Janet Pardus, Nancy Roberts, Donna Clauson
- 28 Barbara Nutini, Pat Murphy, Martha Broder-Allard
- 29 San Juan Epifenio, Virginia Rowe, Betty Curtis, Barbara Stitts, Gary Patterson, George Woodling, Alice Mott
- 30 Lawrence Frazier, Rita Braswell
- 31 Carol Bollinger, Jill O'Hagan

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**Karen L. Taylor, at 860-429-3315 or Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.**  
**THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

**SENIOR SPARKS NEWSLETTER**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

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PUT LABEL  
IN THIS BLOCK

### **Sparks Subscription**

Please Note:

The date on your label is your renewal date.

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New: \_\_\_\_\_

**\$12.00 First Class**

Amount Enclosed: \_\_\_\_\_  
(Please make checks payable to MSCA)

**Mansfield Senior Center**  
**Attn: Kathy Rule**  
**303 Maple Rd**  
**Mansfield CT 06268**

### **Introducing: OPEN MANSFIELD**

This is a new financial transparency platform giving the public unprecedented access to Town budget data.

Open Mansfield displays six years of government spending and revenue detail in a user-friendly portal.

For example, visitors to Open Mansfield can find the answers to frequently asked questions such as:

“How are my tax dollars spent?” or  
“What did the town spend on public safety last year?” or “How much did the town collect in fees for services?” and then share that information directly from the platform via email or on social media.

**FIND OPEN MANSFIELD AT:**  
**OPEN.MANSFIELDCT.GOV**